

A REVIEW ON HEALTH APPROACHES OF AYURVEDA IN RATRICHARYA (NIGHT REGIMEN)***¹Prof. Dr. Milind M. Godbole, ²Prof. Dr. Kalpana K. Jadhav and ³Dr. Siddharth Rajaram Gupta**¹Dean, MD Swasthavritta, Yashwant Ayurvedic College PGT & RC, Kodoli, Tal-Panhala, Dist-Kolhapur.²Guide & Hod, Swasthavritta and Yoga Department, Yashwant Ayurvedic College PGT & RC, Kodoli, Tal- Panhala, Dist- Kolhapur.³PG Scholar, Swasthavritta and Yoga Department, Yashwant Ayurvedic College PGT & RC, Kodoli, Tal- Panhala, Dist- Kolhapur.***Corresponding Author: Prof. Dr. Milind M. Godbole**

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ABSTRACT

In Ayurvedic science of life health (Arogya) is considered as the most vital aspect for the accomplishment of the Purusarth chatustya (Four aims and objectives of life). Health (Arogya) was considered as the prime factor over the four aims and objectives of life. In the present era of wealth and technologies peoples are living their life only to earn money in pursuit of prosperity to live responsible family life but they have left their physical activity, dietary schedule and sleep pattern etc. which leads them to suffer from lifestyle diseases. Ayurveda being a holistic health science emphasizes the importance of healthy lifestyle for the prevention of lifestyle diseases. Ayurveda believes that the sarira (body), indriya (sensory and motor organs), sattva (manas or psyche) and atma (soul) jointly constitute the life principle in each individual. (C.Su.1/42) So, Ayurveda prescribes certain rules for maintaining a healthy state of mind. They are called Sadvritta (ethical regimen). Sad means good and vritta means conduct. This is good conduct for the keeping good or balanced condition of mind. Present paper encompasses various aspects of SADVRITTA (CODE OF CONDUCTS) described in Ayurveda and their application in present scenario for maintenance of good health.

KEYWORDS: Ayurveda, Swasthavritta, Ratricharya.**INTRODUCTION**

Acharya Charaka and various ancient texts mentioned that there are four aims and objectives (Purusarth chatustya) of individual's life, Dharma (righteousness, moral values), Artha (prosperity, economic values), Kama (pleasure, psychological values) and Moksha (liberation). The Health (Arogya) is the only tool for the accomplishment of the Purusarth chatustya (Four aims and objectives of life). Health (Arogya) was considered as the prime factor over the four aims and objectives of life. In earlier days, life was not so hectic. It was quite simple and free of too many challenges with healthy environment in comparison to these days. People were healthy as they had to perform all the daily routine activities by their own. But now, in the era of wealth and technologies, life has become comfortable but it has also become hectic and unhealthy because of competition. Now-a-days, use of high-tech machineries and over engagement in official work in pursuit of prosperity to lead responsible family life makes a person less active in both physical and mental level which leads to loss of health. Individuals have to work at least 9 to 10 hours in the offices by just sitting on the chair without any

physical movement. They come to home late night and become too tired to perform any household work or exercise. Again, in the morning they get up late from bed and do some necessary works like bath, brush etc and go to their office. In this way, they live their daily routine only to earn money, not their life for themselves. This leads to various lifestyle diseases, non-communicable diseases (Diabetes, Hypertension, and Dyslipidaemia etc.) and mental disorders. The lack of health prevents them from enjoying the real pleasure of being rich.

A good wealth can be earned anytime using good health. However, good health can never be earned again in life if once destroyed. Health is defined as the state of complete physical, mental, and social wellbeing not merely an absence of disease or infirmity.

The classical textbook of Ayurveda elaborates that the balanced state of the main elements of our body (Dosha and Dhatu), adequate digestion (Agni), proper excretion (Malakriya), blissful condition of Self (Atma), satisfied senses (Indriya) and a happy state of mind (Manas) when encompassed in a person, then he is called as a Healthy

(Swasthya) person.^[2] Ayurveda is the science, which helps to accomplish the advantageous (Hitayu) and disadvantageous (Ahitayu) as well as happy (Sukhayu) and unhappy (Dukhayu) states of life. A vast description of, what is good and bad for life, its measurement and life itself are described in Ayurveda. The science which imparts knowledge about life, its aims and objectives, and the description of happy and unhappy life, useful and harmful life, long and short spans of life and such other material along with their properties and actions as promote and demote is described in the entire treatise.

Ratricarya (Routines of night) – Night covers almost fifty per cent of the whole span of life. In comparison today, it is usually an inactive phase of life. The length of the night is variable, depending upon the seasons. It is longer in the winter, shorter in the summer and moderate in rainy seasons. It starts after sun set when twilight is over and continues till dawn of the day. It can be easily demarcated into early the evening, up to ten p.m., the mid, up to two a.m. and later phase of night up to four a.m. A major portion of the night is mostly passed by sleeping. It is only the early, late evening and the later phase of night which demands care in respect of diet ethics, sexual acts and other regimen of life mainly to keep the body full of strength and vigour for the next coming day's activities. Physiologically, nervous system takes complete rest in night during sound sleep and the circulatory system slower down to some extent. Minimal oxidation and combustion at cellular level, leads maximum recoups of energy in the body. In view of these facts, it is advisable to have a little care of diet, drinks and other activities in certain parts of the night, beside the hours of the sleep.

It is in Astanga Samgrana, Astanga – Hrdaya and Bhavaprakasa and other allied literature which have spoken little bit about the dietetics and other regimen of Ratricarya. The sleeping place should be open and dirt free, protected nearby with faithful attendants. At the time of sleep, head end should be facing to east or South. Magnetic forces of the earth acting upon the body at but not towards the teachers or elders. One should always be religious minded at both the early and late phases of night every stages of life.

The instruction given by vrddha-vagabhatta for the regimen of night, if analysed in the light of modern science of today, it elicits many truthful and factual matters for the betterment of the health at both the physical and mental levels. An advice to take light, nutritious and wholesome food, particularly in early part of night i.e. after sunset or during the evening hours, will facilitate easy digestion and keep the gastro intestinal tract unloaded. The thought free and peaceful state of mind will also help in inducing the sound undisturbed sleep free from dreams. The persons, those who are worried, anxious and disturbed minded cannot have good sleep throughout the night and thus are likely to get afflicted with prostrations, headache and uneasiness after

awakening. They physically feel laziness and mentally not concentrated towards their day-to-day work, during day time. Open and dirt free locality for sleep will serve the hygienic principles of open and well ventilated atmospheric situation. This will help in easy and quick exchange of useful and harmful gases being inhaled and exhaled during the time of sleep, respectively. Spacious and comfortable bed has been advocated for the sake of free and undisturbed sleep as short stature and troublesome beds are likely to disturb the same. Direction of sleeping towards south or east, physiologically there will be mild and soothing effect of the magnetic forces of the earth on the brain cells which results sleep into dream free and undisturbed. The prescription of early to bed will provide the chance of early to raise in the morning —makes a man healthy, wealthy and wise.

Actions Contraindicated during Evening Time

Intake of Ahara (food), maithun (sexual intercourse), Nidra (sleep), Sampaataam (reading) and Adhwa gamana (walking) these five actions are contradicted in evening hours. Intake of food produces diseases, sexual acts leads to deformity in the foetus, sleep produces poverty, reading leads to loss of life span and long walk leads to fear. ((Bhav Prakash Pratham 5/275-276).

Meal should be consumed in the first prahara (3 hrs) of night (Bhojanam Prathama Prahara Antare); foods are taken in lesser quantity than afternoon (Kinchit Oonam Samashniyaat) and avoid the food that is difficult to digest (Durjaram Varjayet). (Bhav Prakash Pratham 5/279).

One should not indulge in intercourse during the evening time, if practices this it may lead to Garbha Vikriti i.e. fetal abnormalities (Bhava Prakash Pratham 5/261-262).

After taking light and conducive food in the evening, person should go to sleep with pleasant mind, after offering prayers to god in his own bed. (A.H. Su. 3/118).

After taking meals, one should clear his hands properly by removing food completely, clear the teeth by using tooth picks, if there is coating and bad odour gargle the mouth properly later walk for about hundred steps and sleep on left tottered position. After intake of more of liquid food sleep duration should be for less time.(A.H.Su. 10/13).

One should not sleep during sandya kala or evening time. Nidra is a prime among the factors responsible for sustenance of the body. Good sleep destroys half the diseases. One who gets should sleep at night, can digest the food well his kayagni is enhanced and there is proper nourishment of the body. These above all seems that physical life largely depends on psychic life as Ayurveda lays down this hypothesis. The developments of all the limbs of the body merely follow the mind. As charaka says, Sareera Sthana, 6-30.

Reading activities (academic involvements) is contraindicated during evening time. Reading during evening or night time (after sunset) is said to cause Ayu Hani i.e. loss of life. In modern day we have facility of artificial lightning in which reading and academic activities are done. In olden days it was not available. Reading in dark was supposed to strain the sense organs and damage the vital organs and their functioning which could lead to manifestation of many diseases leading to ayu hani.

Jyotsna, Avashyaya, Tama

Effect of Jyotsna (moonlight) Avashyaya (mist) and Tama (Darkness) on health:

Moonlight has a good and healing effect on one's body. Therefore, its good to get exposed to jyotsna or moonlight. It bestows the below mentioned benefits on regular exposure-

- Sheeta- cold and soothing effect
- Smarananda prada- Enhances desire
- Trishna Hrit- Pacifies thirst
- Pitta Hrit- Pacifies aggravated pitta and brings it to normalcy.
- Daha Hrit- Pacifies burning sensation

Mist at night time has below mentioned effect on body

- Heena gunaaha- Inferior in quality
- Vata kopa karaka- causes aggravation of vata
- Kapha kopa karaka- causes aggravation of kapha

Tama or darkness prevailing during the night time has the below mentioned effects on regular exposure-

- Bhayaavaham- creates fear
- Mohadi janakam- Causes delusion, confusion in recognition of directions
- Pitta Hrit- Alleviates pitta
- Kapha Hrit- Alleviates Kapha
- Kama Vardhanam- enhances desires
- Klama Krit- Causes tiredness

Roaming or strolling in darkness of night is contraindicated, but it has benefits also. Therefore the activities to be done at night should be wisely chosen.

Triphala for eye health

Triphala or 3 fruits or recipe prepared from triphala is best for maintaining eye health and also to cure the eye ailments. It can be consumed any part of the day, but it yields best results when taken during the night time. Powders of Haritaki (*Terminalia chebula*), Bhibhitaki (*Terminalia bellirica*) and Amalaki (*Embilica officinalis*) mixed together is called triphala. This churna should be mixed with in honey and ghee at night. When given in this form, churna is said to strengthen the eyes and vision.

Anjana- Collyrium

Collyrium cure eye diseases and also enhance eye health. It can also be applied at night time. Sauviranjan is the

best collyrium and shall be used daily. Rasamjana has cleansing properties. It should be used once in 5-7 days to expel the aggravated doshas from the eyes and also purifies the eyes.

Dhumapana

Medicated smoking or dhumapana can be practiced at night, after food. This alleviates vitiated Kapha.

DISCUSSION

In order to maintain health, a vast description of Daily Regimen (Dinacharya), Seasonal Regimen (Ritucharya), Code of conduct (Sadvritta) and Behavioural medicine (AcharRasayana) and Ratricarya (Night Regimen) are mentioned in Ayurveda. Lifestyle denotes the people live, reflecting the whole range of activities, attitudes of everyday from sunrise to sunset. These simple rules, especially Daily Regimen, if properly followed, helps in maintaining a good health.

CONCLUSION

Night is an important part of our life. Night meant for taking break from our activities a time for rest, to reactivate, rejuvenate and refresh ourselves and get ready for next day's activities. Ratricarya, a concept explained in Ayurveda explains the activities which need to be done and which need to be avoided during night time. In this article all ayurvedic treatises references have covered which explains the regimen of night in a comprehensive way.

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